

Nephropathy Monitoring in Persons with Diabetes

According to the Centers for Disease Control and Prevention (CDC), diabetic nephropathy occurs in 20-40 percent of patients with diabetes and is the single leading cause of End-Stage Renal Disease (ESRD). Early detection of diabetic nephropathy may delay or prevent onset of ESRD.

There are currently no data sources available in Virginia for examining nephropathy (i.e., kidney functioning, such as microalbumin levels) in persons with diabetes with a sample size large enough to calculate a state-level rate.

Healthy People 2010 Objective:

(4-8; related) Increase the proportion of persons with type 1 and type 2 diabetes and proteinuria (elevated protein levels in the urine) that receive recommended medical therapy to reduce the progression to chronic renal insufficiency (i.e., kidney failure).

American Diabetes Association Recommendation:

Recommends a urine kidney test every year and that microalbumin levels be <30 mg/24 hours.

National Kidney Foundation Recommendation:

Everyone with type 1 and type 2 diabetes who is between 12 and 70 years of age should have a urine test for albuminuria at least once a year.

Source: CDC Diabetes Indicators and Data Source Internet Tool, 2007